

HEALTHY TREATS FOR HALLOWEEN

It may be "The Night of Candy," but that doesn't mean you have to abandon all the healthy habits you have tried to maintain the rest of the year. These seasonal treats can help children celebrate the holiday without sacrificing the benefits of fruits and vegetables.



PUMPKIN SPICE BREAD

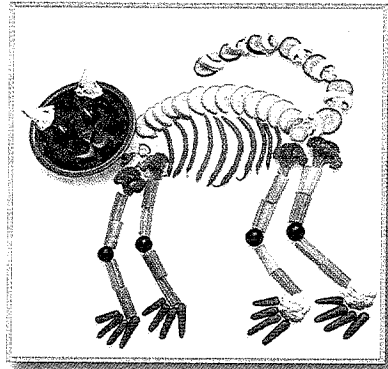


- 2 1/4 cups sugar
- 3 1/4 cups enriched flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1 teaspoon baking powder
- 3/4 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 4 eggs
- 2 cups solid-pack pumpkin
- 1 cup buttermilk
- 1/2 cup unsweetened applesauce
- 1/3 cup canola oil

In a large bowl, combine the first eight ingredients. In another bowl, whisk the eggs, pumpkin, buttermilk, applesauce, and oil. Stir wet mixture into dry ingredients just until moistened. Transfer to two 9-inch x 5-inch loaf pans coated with cooking spray. Bake at 350°F for 45-55 minutes or until golden brown and a toothpick inserted near the center comes out with moist crumbs. Cool for 10 minutes before removing from pans to wire racks. Makes 50 servings for 3-5 year olds at any meal or snack.

🍴 Grain/Bread

<http://www.tasteofhome.com/Recipes/Makeover-Pumpkin-Spice-Bread>



BLACK BEAN CAT CRUDITES

BLACK BEAN DIP

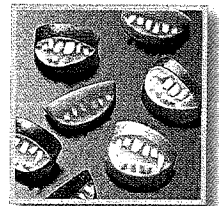
- 15 1/2 ounce can black beans
- 1/3 cup mild salsa, 1 tablespoon for garnish
- 1/4 cup cilantro leaves, plus extra for garnish (optional)
- 4 teaspoons fresh lemon juice
- 1/2 cup garlic, minced

Drain and rinse the black beans, setting aside one tablespoon for garnish. Combine black beans, salsa, cilantro leaves, lemon juice, and garlic in a food processor, blending until smooth. Garnish with the black beans and, if desired, cilantro leaves or salsa. Arrange assorted vegetables such as celery, cherry tomatoes, broccoli, carrots, green beans, mushrooms, and zucchini in the shape of a cat (see photo above). Serve with Black Bean Dip. Makes 11 servings for 3-5 year olds at snack.

🍴 Meat/Meat Alternate

<http://familyfun.go.com/recipes/mexican-black-bean-dip-683378/>

APPLE BITES



- 4 cups apples (approximately 6 apples), any variety
- 1/2 cup slivered almonds*

Quarter and core an apple, cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth. Makes 8 servings for 3-5 year olds at snack.

TIP: If you're not going to serve them right away, baste the apples with orange juice to keep them from browning.

🍴 Fruit/Vegetable

<http://familyfun.go.com/recipes/apple-bites-688193/>

* This food is a choking hazard for children under the age of 4 years.



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Discourage overindulgence in candy by keeping healthy snacks on hand before and after Halloween. For example, cut up chunks of fruit and freeze. Serve to children as finger food.